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REACTIONARY
VITAMIN A DAY, KEEPS VICES IN PLAY, STUDY SHOWS {page 10}

NEW TONE
EVA MENDES TAKES A WALK ON EASY STREET {page 8}

WINNIPEG metro®

Tuesday, May 3, 2011
www.metronews.ca

News worth sharing.

ADRIAN WYLD/THE CANADIAN PRESS

Majority maker

- Harper finally gets his majority
- NDP to form official Opposition
- More election coverage {pages 2 and 4}

▶ Conservative Leader Stephen Harper casts his vote in Calgary yesterday as his son Ben and daughter Rachel look on.

1 news

Get ready for a ballot recount

Elmwood-Transcona, Winnipeg North go down to the wire • Bateman unseats Neville in Winnipeg South Centre

JAMES TURNER/METRO

▶ A defeated Anita Neville gets a post-concession hug from Liberal supporter Paul Hesse.

It was a gut-wrenching night as several races came down to the wire and two incumbents were outsted.

Winnipeg South Centre incumbent Liberal MP Anita Neville — who held the seat for more than 10 years — conceded to Conservative MP-elect Joyce Bateman just after the clock struck 10 p.m.

"Canadians have spoken this evening," Neville told supporters in her short concession speech — a reference to the poor showing at the polls enjoyed by the Liberals Canada-wide.

Bateman — a school trustee who emerged as the Tory candidate after Raymond Hall unceremoniously stepped aside in mid-March — campaigned on a platform that promised partnership-building.

She could not be reached for comment by press deadline.

Asked by reporters if there was any unrelieved tension between herself and the former Liberal supporter, Neville was curt.

"She's a former Liberal, she changed her colours and she'll do as she wishes," Neville said.

NDP Candidate Jim Maloway also appeared to lose his seat after Conservative candidate Lawrence Toet was ahead by about 400 votes with four polls left to report.

"It's been a tough campaign and we knew the Conservatives were very strong right from the very beginning," said Jim Maloway, NDP candidate for the Elmwood Transcona riding.

"Well, we had a very strong, grass roots campaign," said Toet. "We were out on the streets, we made sure we saw the people as often as possible and we had lots of ideas."

In the tightest race of the night, Kevin Lamoureux appeared to just barely hang on to Winnipeg North, defeating NDP candidate Rebecca Blaikie by just 117 votes in a result that will surely see a recount. Advance polls also have to be taken into account.

"It was a squeaker," said Lamoureux.

"As we watched those numbers come in we were a little bit nervous, I must admit. We did a lot of pacing but we're going to sleep good tonight."

"We came real close and that's democracy — sometimes you win, sometimes you lose," said Blaikie.

"But it's a fabulous night to be a New Democrat." JAMES TURNER, ASHLEY GABOURY AND MORGAN MODJESKI

Charleswood-St. James-Assiniboia	Elmwood-Transcona	Kildonan-St. Paul	Winnipeg North	Winnipeg South	Winnipeg Centre	Winnipeg South Centre	Saint Boniface
Steven Fletcher CON 21,436	Lawrence Toet CON 14,951	Joy Smith CON 18,547	Kevin Lamoureux LIB 9,241	Rod Bruinooge CON 20,139	Pat Martin NDP 11,950	Joyce Bateman CON 12,448	Shelley Glover CON 21,219
Tom Paulley NDP 7,900	Jim Maloway NDP 14,598	Rachelle Devnine NDP 9,677	Rebecca Blaikie NDP 9,124	Terry Duguid LIB 12,227	Bev Pitura CON 6,226	Anita Neville LIB 11,381	Raymond Simard LIB 12,777

RESULTS AS OF PRESS DEADLINE

Risks, shmisks: Site of Japan's nuclear disaster becomes a tourist attraction.

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On the web at metronews.ca

Allan Small on the impact skyrocketing gold and silver prices may have on investors. More at metronews.ca/investing.

Follow us on Twitter @metrowinnipeg

More evacuations, but dikes hold out through storms

Sandbags and dikes around Manitoba appear to have held through the weekend's blizzard, but flood officials aren't taking chances.

Inspection teams were out yesterday along community ring dikes throughout Manitoba to check for signs of damage, said provincial flood officials, adding if erosion has occurred, dikes will be reinforced.

Flooding has caused damage to several phone and Internet networks in southern Manitoba. Crews have managed to get some back up and running, but other towns and municipalities, including Brandon, were experiencing outages yesterday with no word on when service would be restored.

The weekend weather has pushed back the crest date for the Red River in Winnipeg to May 4 or 5.

The water levels in Brandon are now at the second highest in recorded history, said flood officials, surpassed only by water levels in 1923.

Flood warnings remain in effect for most of the Assiniboine River. Warnings remain in place downstream of the Shellmouth Bridge to Portage la Prairie, all reaches of the Pipestone Creek, Oak Lake and Plum Lakes and the Plum Creek to the Souris River (including the town of Souris).

ELISHA DACEY

In numbers

- **19:** Rural municipalities that are still under states of local emergency measures.
- **741:** Roads affected or closed by flooding
- **14:** People evacuated from St.-Lazare Sunday
- **1914:** People evacuated from their homes

Delay in arson trial

An arson trial involving the adult son of a former Manitoba premier has been adjourned for one day due to a medical issue.

Toban Schreyer, 35, was charged a few days after a blaze destroyed a home on Walnut Street in Wolseley in November 2008.

Schreyer is the son of former premier and Governor General Ed Schreyer.

Toban Schreyer has pleaded not guilty and has been free on bail since his arrest.

His trial was slated to begin at 10 a.m. yesterday, but a judge granted Schreyer a one day adjournment.

Court resumes at 10 a.m. today.

JAMES TURNER

Trial begins in death of Chilean immigrant

No biological evidence ties accused to crime scene: Police
Victim found with watch, cash

JAMES TURNER
@METRONEWS.CA

Manitoba Justice has opened its case against a transgendered Winnipeg man accused of killing a well-liked Chilean immigrant during an alleged mugging attempt.

Joseph McNabb, 29, is charged with manslaughter and the attempted robbery of Evaristo Caniuman.

Caniuman died of blunt force trauma six days after being pushed to the ground and striking his head at Sargent Avenue and Young Street on April 10, 2009.

The 60-year-old victim was roughly 50 steps from the scene of the crime to the safety of the front door of an apartment block he owned.

McNabb was arrested near the scene and has pleaded not guilty.

"There were no injuries on his hands."
CONST. DONALD BULLEE

Crown attorney Scott Cooper opened McNabb's trial yesterday by calling several Winnipeg police forensic identification officers to testify.

One of the officers told court she could see no obvious signs of injury on a comatose Caniuman when visiting him in hospital in order to confirm his identity.

"From what I could see there was no bleeding, cuts or abrasions," Const. Jennifer McKinnon stated.

Justice Kenneth Hanssen heard the victim had undergone prior head surgery in the 1990s.

As well, a toxicology exam revealed there were painkillers in his bloodstream at the time of the incident.

The Crown will present witnesses that saw the alleged attack as the trial unfolds, court heard.

JAMES TURNER/METRO

▶ A Chilean man was beaten to death during a mugging gone wrong on this street in Winnipeg.

FACEBOOK

▶ Trevor Abraham Harper

Police identify victim

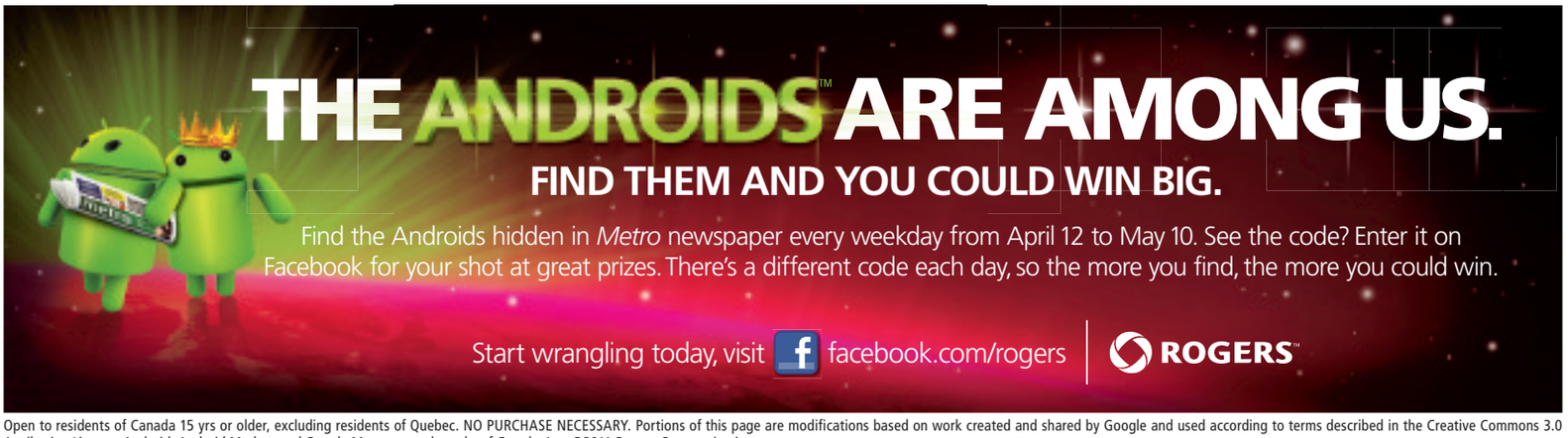
Winnipeg police have identified the city's 10th homicide victim of the year as Trevor Abraham Harper.

Harper, 20, was gunned down in a Portage Avenue parking lot after allegedly trading fire with unknown assailants.

Harper was discovered in the parking lot at about 6:30 p.m. on April 29. He died early April 30.

No other information has been released. Police have not ruled out gang involvement, nor have they confirmed it. The investigation continues.

ELISHA DACEY



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Monumental shift in political landscape

- Tories win coveted majority
- NDP made official Opposition

Election 2011

Prime Minister Stephen Harper has sealed his place in the history books, rolling to his third consecutive Conservative election win and landing the majority for which he was openly campaigning.

Harper joins Canada's first prime minister, Sir John A. Macdonald, and 1950s-era John Diefenbaker as just the third Tory to prevail in three consecutive federal votes.

In the process, he's also delivered an historic defeat to Canada's once "natural governing party," as Michael Ignatieff's Liberals tumbled to third place in the seat standings behind the NDP.

The New Democrats, who had hoped to ride a mid-campaign surge of support to an orange revolution, become Canada's official Opposition for the first time.

The Conservative run started in Atlantic Canada, where the Tories overtook the Liberals in the popular vote and added three of the 12 additional seats needed to ensure solid control of Parliament.

Ignatieff, the subject of more than a year of negative Conservative advertising going into the 36-day race, proved to be a game campaigner but his anti-Harper call for change appeared to benefit Layton.

THE CANADIAN PRESS

STEVE RUSSELL/TOSTAR NEWS SERVICE

▶ Jack Layton watches the election results with his wife, Olivia Chow, in the Presidential Suite at the Intercontinental Hotel yesterday in Toronto.

Western base remains loyal to Conservatives

The Conservatives' Prairie base remained true blue in early federal election returns yesterday.

The Tories held more than two-thirds of the popular vote in Alberta and jumped out to strong leads in Manitoba and Saskatchewan.

Heading into the campaign, the Tories held all but one of Alberta's 28 seats.

They had 13 of 14 in Saskatchewan and nine of 14 in Manitoba.

The NDP's best hopes in Manitoba possibly rested with the daughter of longtime New Democrat MP Bill Blaikie. Rebecca Blaikie was running in the riding of Winnipeg North against Liberal incumbent Kevin Lamoureux.

Lamoureux won the seat in a 2010 byelection.

Prior to that, the riding had been long held by New Democrat Judy Wasylycia-Leis.

One of the closest races in the West was expected to be Edmonton-Strathcona.

The NDP's Linda Duncan stole that seat away from the Conservatives' Rahim Jaffer by fewer than 500 votes in 2008.

The Tories put all their Alberta muscle behind candidate Ryan Hastman, a small-business owner, in an effort to win the riding back.

The campaign was hard-fought.

Hastman stumbled out of the gate when it was revealed a Tory staffer under RCMP investigation for interfering with Ottawa access to information requests was working on the campaign.

The worker was quickly dismissed.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper greets children at a school after he voted in Calgary yesterday.

Election tweets

Early election results were leaked out on Twitter. The tweets, many of which carry the hashtag "#tweettheresults," were visible to everyone.

- **@NaomiAKlein** May this usher in the true end of the Bush Era, and that includes you Stephen Harper. #binladen #outwiththeold #elxn41 #cdnpoli
- **@EmmMacfarlane** Rumour has it Bin Laden died of a heart attack after seeing NDP polling numbers. #cdnpoli #elxn41
- **@DemocracyCanada** Stephen Harper breaks election rules, campaigns on radio on election day http://exm.nr/m3Vff3 #cdnpoli #elxn41 via @starstriding
- **@spaikin** never met a more pompous returning ofcr than at layton's voting stn. As the media arrived, she shouted to the others: "battle stations!"
- **@Forian** Atlantic Canada Results 7:58 p.m. EST LIB: 10 NDP: 8 CON: 7 #cdnpoli #electionday #elxn41 #elx41 #tweettheresults #fed2011 #vote
- **@MowatCentre** Our two year old happily went to vote because we promised Smarties. I think we're onto something to boost turnout . . .
- **@scottfeschuk** Oh, so now CBC is going to pretend they didn't show us anything. WE CAN'T UNSEE WHAT'S BEEN SEEN, Peter.

TORSTAR NEWS SERVICE

Details emerge on secret Osama hunt

As part of Islamic tradition, bin Laden's remains wrapped in white sheet Buried in North Arabian sea

U.S. officials revealed details yesterday of the daring raid in Pakistan in which elite American forces killed Osama bin Laden — and how they confirmed that the man they killed was the world's most-wanted terrorist leader.

Bin Laden, the al-Qaida leader and architect of the Sept. 11, 2001, attacks, was shot in the head in a firefight in Pakistan Sunday night. He was then quickly buried at sea, in a stunning finale to a furtive decade on the run.

Obama administration officials said DNA evidence confirmed the death. White House officials were mulling the merits and appropriateness of releasing a photo.

Three adult males were also killed in the raid, including one of bin Laden's sons, whom officials did not name. U.S. officials also said one woman was killed when she was used as a shield by a male combatant, and two other women were injured.

The compound is about half a mile from the Kakul Military Academy, an army-run institution for top officers in the bustling, hill-ringed town of around 400,000 people.

Officials said bin Laden was killed at a compound north of Islamabad. White House counterterrorism adviser John Brennan said that U.S. forces would have taken bin Laden alive if they had the opportunity. **THE ASSOCIATED PRESS**

JOHN HEILPRIN/THE ASSOCIATED PRESS

▶ Swiss-born Carmen Binladin, who separated from Osama Bin Laden's older brother Yeslam 20 years ago, said at a Geneva hotel yesterday that her former brother-in-law would have chosen death over capture. Binladin spells her surname differently than Osama and his family.

Americans celebrate killing of bin Laden

Joyous at the release of a decade's frustration, Americans streamed to the World Trade Center and the White House to celebrate the death of Osama bin Laden — cheering, waving flags and belting the national anthem.

In front of the White House, a crowd gathered before President Barack Obama addressed the nation late Sunday to declare, "Justice has been done." **THE ASSOCIATED PRESS**

JACQUELYN MARTIN/THE ASSOCIATED PRESS

▶ A man looks at newspapers at the Newseum in Washington after Osama bin Laden was killed.

New bin Laden tape recorded before death may soon surface

U.S. intelligence officials believe Osama bin Laden made a recording shortly before his death and expect that tape to surface soon.

A U.S. official says that intelligence indicates it is already working its way through al-Qaida's media pipeline.

A new recording from bin Laden would provide a final word from a terrorist who taunted the U.S. with recorded propaganda for years. **THE ASSOCIATED PRESS**

Osama's death not a celebration: Canadians

Canadian view

Many Canadian families of victims say bin Laden's death is forcing them to relive the pain. Some say they wish resolve had come sooner.

▶ **Ellen Judd of Winnipeg,** whose partner Christine Egan was killed in New York, took an optimistic view, saying bin Laden's death highlights just how far global relations have come in the past decade.

"I think that if we look back on this, we can see that what's really important is that people to whom Osama bin Laden was appealing have, for the most part, rejected his call to violence," she said.

▶ **Hans Gerhardt, whose son** Ralph died while working as a bond trader at the World Trade Center, wondered why it took so long to eliminate one of the most wanted men in the world but said he wouldn't quibble over the outcome.

"You would have hoped this would have come earlier, but this day is as good as any day."

Celebrations marking the death of Osama bin Laden kicked into high gear in the United States yesterday but many of the Canadians most personally affected by the news refrained from joining in.

Family members of the 24 Canadians killed on Sept. 11, 2001, struggled to come to terms with news that the mastermind behind the attacks had been killed.

"It's kind of a muted victory," said Hans Gerhardt, whose son Ralph died while working as a bond trader at the World Trade Center.

Erica Basnicki, whose father Ken was killed while on a business trip to New York, said she was overwhelmed by a flood of conflicting emotions when she woke up to news of bin Laden's death.

"I am not celebrating because it doesn't bring our son back."
HANS GERHARDT, WHOSE SON WAS KILLED WHILE WORKING AT THE WORLD TRADE CENTER

Images of public celebrations in the United States troubled Basnicki, despite her personal antipathy for the late al-Qaida leader. The death of a man she believes can be "easily replaced" marks the end of just one effort to eradicate terrorism, she said.

Cindy Barkway, who has raised her two children alone since losing her husband David in the World Trade Center attack, said, "I hope it's true. But I don't know if I feel like celebrating. It doesn't change much of my reality.''

Basnicki admits to a sense of relief that bin Laden can no longer orchestrate terrorist attacks, but says her emotions are tempered by fear that his slaying will prompt retaliation from other extremist groups.

Fears of reprisals were stoked by al-Qaida's vehement pledges of vengeance, as well as condemnation from Hamas and other hardline Islamic regimes.

Those threats, however, couldn't dampen the emotions of one mourning parent.

Aurora Santos said she still struggles with the death of her son Ruffino.

"I was so happy that finally justice has been done already," she said from Richmond, B.C. **THE CANADIAN PRESS**

RIM on the ropes with new phones

- Debuts BlackBerry Bold models and PlayBook apps
- But analysts say it's not enough in cutthroat market

Research In Motion may be waiting too long to debut its new generation of BlackBerrys early next year in the competitive smartphone market, analysts say.

"The BlackBerry phones need a fresh start now," Sascha Segan, PC Magazine's lead mobility analyst, said yesterday from the BlackBerry World Conference in Orlando, Fla. "Without a major change to their software, they're not going to attract new developers and consumers."

The Canadian smartphone maker announced two new BlackBerry Bold models with an upgraded operating system and some software applications at its annual conference.

"If we don't see any surprises, then it's definitely going to be a tough quarter for RIM in the smartphone market."
SASCHA SEGAN, LEAD MOBILITY ANALYST, PC MAGAZINE

However, it's not what analysts believe is critical to RIM's future. In early 2012, RIM will launch a line of BlackBerry "super phones" with the same operating system as its new PlayBook tablet. The QNX system is expected to give users a better web experience and allow them to run multiple software applications.

Apple's iPhone along with HTC, Samsung, Motorola and LG smartphones have been eating away at RIM's market position, especially in North America.

Technology analyst Anil Doradla of U.S.-based William Blair & Co. says the market and trends could very well change by the time RIM launches its new smartphones, and RIM will have to make good on its promises for the QNX-based BlackBerrys.

"From an investor's point of view, it will be a credibility issue," he said. **THE CANADIAN PRESS**

Clipped. Wings

▶ A passenger makes inquiries yesterday at an Air India ticket counter in Mumbai. A pilots' strike has forced the carrier to cancel 90 per cent of its domestic flights, leaving travellers stranded and prompting other airlines to boost fares.

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Air India pilots stand their ground

Air India's 800 pilots refused to work for a sixth day yesterday, defying a court order that they call off the labour action. The pilots are demanding higher pay and an investigation into mismanagement that they say has brought losses of more than 160 billion rupees ($3.4 billion). Air India says the strike is costing it about 12 million rupees ($258,000) a day.

Chrysler back from the brink

Chrysler has reported first-quarter net income of $116 million and revenue of $13.1 billion, its first profit since leaving bankruptcy two years ago. Chrysler last reported a net profit in 2006. **THE ASSOCIATED PRESS**

Honda cuts production of 2012 Civic, CR-V

Honda Motor Co. expects to run short of the Civic compact and other models this summer because of parts shortages, the company said yesterday.

Honda will cut production of the new generation Civic, the most popular car in Canada, by about 40 per cent through the summer, and perhaps for longer. In addition, the 2012 version of the CR-V small SUV will be delayed by at least a month this fall. To make up for shortages, Honda will keep making the 2011 version.

Both vehicles are made in North America, but like other automakers, Honda is running into shortages of chips, sensors and other parts made at factories in Japan that were damaged by the March 11 earthquake. **THE ASSOCIATED PRESS**

"Our goal remains to normalize overall production sometime around the end of the year."
JOHN MENDEL, EXECUTIVE VICE-PRESIDENT OF SALES, AMERICAN HONDA

ON THE BLOCK

Court OK's Nortel patent bid

Nortel Networks Corp. has won court approval for a $900-million "stalking horse" bid by Google for the company's remaining patents and patent applications. Qualified bidders hoping to top the Google offer must submit offers by June 13, while the auction is set for June 20. The winning bid will require court approval in Canada and the U.S.

Nortel has raised billions of dollars selling its assets to pay off creditors, bondholders and others. The company has said it doesn't expect shareholders will receive any of the proceeds. It's also unlikely that Nortel pensioners will get any of the money raised from the asset sales. **THE CANADIAN PRESS**

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 10.28 (13,934.51)	– 0.49¢ (105.17¢ US)
Oil	**Natural gas**
– 41¢ US ($113.52 US)	1,000 cu ft $4.763 US (+ 0.14¢ US)
	Gold contracts $1,557.10 US (+ 70¢ US)

TRYING TO CATCH UP FOR LOST TIME

SHE SAYS ...

JESSICA NAPIER
METRO

We all have bad habits: Smoking, nail biting, littering. For me, procrastination is one particular vice that I would like to give up for good — if I could just get around to it.

They say don't do tomorrow what you can do today. And I try, I really do. I repeat this mantra over and over again, but I always wind up pushing those nagging tasks to the back of my mind until it's too late. When faced with an unwanted chore I'm too willing to delegate the task to Future Jessica.

I thought that once I had pulled my final all-nighter and left my student lifestyle behind I would stop cramming for exams and grow out of my counterproductive tendencies. And yet here I am, years later and I'm still leaving things to the last minute.

There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009, there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.

"There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009 there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler."

Why do so many of us spend our time avoiding the inevitable?

There are plenty of excuses; perhaps you "work best under pressure" or are easily distracted or there just aren't enough hours in the day. But I think we all realize that, ultimately, procrastination isn't really about time management at all.

The desire to postpone those less than exciting tasks doesn't come down to scheduling; it's all about choice, and maybe a little anxiety. I didn't file my tax return at 8 p.m. on April 30 because I didn't have time; it was because I really, really didn't want to do it.

Knowing you should do something and putting it off regardless is a psychological problem, not an organizational one.

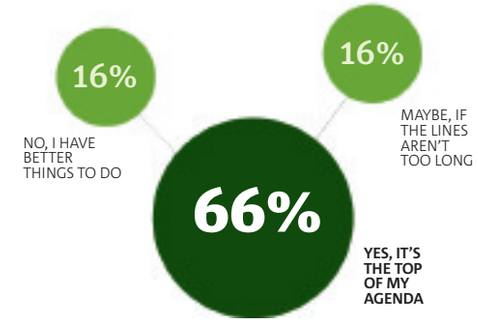
Starting the job, whether it's an unruly pile of laundry or a long list of emails that need replies, is always the hardest part. The key is to reframe these tasks in your mind — don't focus on the hard work associated with studying for a test but the satisfaction you will get from finishing it.

When we take the time (pun intended) to rethink our reasons for delaying and dilly-dallying then we might actually figure out how to move past this bad little habit ... eventually.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Are you hitting the polls Monday?



Local tweets

- **@EyeAm Shann:** Dear city of winnipeg. Do one street at a time! I forgot how frustrating construction is!
- **@tim_co_op:** the terrorists have won after all "@ChrisDca: Kings of Leon to Play MTS Centre October 4"
- **@Keonecra:** Is it too soon to put my winter boots away? The sun outside is telling me no but my Winnipeg senses are telling me yes.
- **@wyrwolf:** Ah Springtime, when the smell of Hormones fills the air. Beats the smell of grass mold & thawing dog poop that heralds a Winnipeg Spring.
- **@quintaine:** Hey, Merv Tweed! Thanks for the 2 robocalls asking for your support, but I live in Winnipeg and you're running in Brandon. #elxn41 #fail
- **@Setala:** Had a dream I went to the movies with Clint Eastwood my mom my dad and my birth mom, all my friends were there Also we were in Winnipeg
- **@pp1713:** Esperando que la nieve se derrita aca en Winnipeg. (Ed. Note – translates as Waiting for the snow to melt here in Winnipeg.)

Worth mentioning

NEW YORK. Governments worldwide are developing new tools to censor reporters as the media increasingly moves online, the Committee to Protect Journalists said yesterday.

In a report released on the eve of today's World Press Freedom Day, the committee said 69 journalists whose work appears mostly online were jailed as of Dec. 1, representing almost half of all reporters imprisoned worldwide.

The press advocacy group said the sophisticated censorship techniques are often coupled with physical intimidation of online journalists.

"These sophisticated, often invisible, attacks constitute a new front in the fight for press freedom," said Danny O'Brien, CPJ Internet Advocacy Co-ordinator and the report's author.

O'Brien said the techniques go well beyond web censorship, with governments using the Internet to spy on writers and sabotage independent news sites. "The aim is not only to censor but to block or disrupt the reporting process and the dissemination of news and information," he said. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder

WEIRD NEWS

Treasure trove unearthed in backyard

A trove of medieval jewelry and other precious objects found by a man working in his backyard includes pieces made for a royal court and may be worth as much as $142,000, Austrian government experts said yesterday.

The officials from Austria's department of national antiquities and the Academy of Sciences said they were only at the beginning of their investigation into the provenance and other details of the find.

"We have in front of us high-end products (made) for the highest consumer class of central Europe" of the Middle Ages, academy member Thomas Kuehtreiber told reporters as security guards revealed some of the rarer pieces.

The Federal Office for Memorials said the trove consists of more than 200 rings, brooches, ornate belt buckles, gold-plated silver plates and other pieces or fragments, many encrusted with pearls, fossilized coral and other ornaments. It says the objects are about 650 years old. The location of the find lies on an important medieval trading route that ran between Poland and Italy, officials said.

THE ASSOCIATED PRESS

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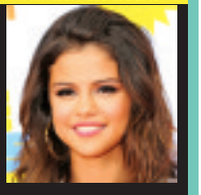
2 scene

Scene in brief



Teen star Selena Gomez has been announced as co-host of next month's MuchMusic Video Awards.

The Wizards of Waverly Place star will also perform at the annual street bash, to be held June 19.

Gomez took home the favourite TV actress prize at the recent Kids' Choice Awards and her band, Selena Gomez & the Scene, won favourite breakout artist at the People's Choice Awards. Among her competition at the People's Choice Awards was her boyfriend, Justin Bieber.

Gomez will share the hosting duties with MuchMusic VJs. Among the other scheduled performers is Lady Gaga.

THE CANADIAN PRESS

Charlie Sheen tours tornado damage in Alabama, says he wants to organize relief event

No easy workouts for actress Mendes

New EasyTone products from Reebok help give a boost to work out routine by providing extra resistance

JANINE FALCON
SCENE@METRONEWS.CA

"I'm just like everyone else," says Eva Mendes. "I do not enjoy going to the gym, but I do it because I have to do it for my mind, for my body, for my soul, and for my career."

And that fitness is not on her list of fun things to do makes the actress a relatable spokesperson for Reebok EasyTone, the athletic-wear brand's line of toning apparel and shoes.

"What I like about EasyTone is that they help me fit more exercise in when I'm running around," Mendes explains in a recent interview with Metro.

"Easy" may be part of the Reebok toning technology name, but don't make the mistake of thinking this is clothing that works hard FOR you. In fact, it's apparel that makes YOU work harder.

Although the shoe looks like a regular sneaker, the EasyTone shoe sole features an air chamber that compresses as it hits pavement. It simulates the balance ball movement, creating an imbalance that forces the wearer to work a little harder as she walks.

"I love the idea of killing two birds with one stone. You're already going to be out there running errands, running around with your kids or your dog," notes Mendes, who says she wears hers to walk and hike with her seven-year-old Belgian Malinois, Hugo. "So why not use a shoe that helps you out and tones you up a bit while you're doing it?"

The good-looking clothing features high-tech tension fabric bands at the shoulders, between the shoulder blades, at the torso, and, in the pants, at the hamstrings, to create muscle resistance as the wearer walks or runs.

"The thing I love about the clothes is that they support everything, give you a nice shape, and remind you to maintain your posture," says Mendes, who hits the gym three or four times a week with a trainer, and somehow finds time for yoga with an instructor, too. In fact, she has a two-hour workout scheduled for the end of the interview day, the second of two days of press.

"I'm an end-of-day workout person," she says. "It's kind of backwards, but I'm just not a morning person," she admits, adding that her ideal day would start at noon.

"Caffeine," she answers immediately in response to a query on how she keeps her energy up. The actress also has a weakness for chocolate; at a dinner during last year's film festival in Toronto, a group of Canadian beauty editors took note when Mendes emerged from a private dining room at C-lounge on Wellington to request seconds of a rich chocolate mousse. "I won't give chocolate up. I'd spend extra time in the gym," she insists.

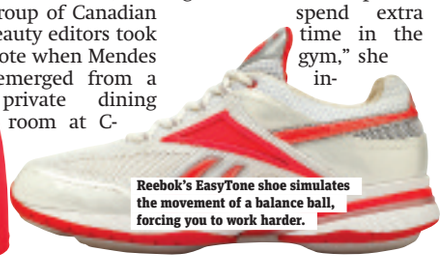
"You've got to sweat for it," Mendes says about staying fit. "It's wonderful if you have great genes, but most people have to work for it. It's a metaphor for life. What you put into your workout, you'll get back."

Mendes' history with Reebok dates back to a pair of pink high-top trainers in high school; she now owns 12 pairs of EasyTone shoes. "I like that EasyTone is saying go out, do your daily business, wear these, and you'll see benefits while you're doing stuff you're doing anyway."

CONTRIBUTED

▶ Actress Eva Mendes says she's not a huge fan of working out so anything that helps is great.

Reebok's EasyTone top creates muscle resistance as the wearer walks or runs.



Reebok's EasyTone shoe simulates the movement of a balance ball, forcing you to work harder.

Where to buy

▶ **Sport Chek.** The EasyTone shorts are $54.99, EasyTone shoes are $109.99, and the EasyTone Sleeveless top is $64.99. Available at Sport Chek locations across Canada.

Aussies give Bieber not so eggcellent treatment

Bieber mania hit Australia and then at least two Aussies hit back on stage and in air

Justin Bieber is having a rough time in Australia.

An audience member at a recent concert reportedly pelted the stage with eggs, nearly hitting the teen sensation with two of them, according to X17 Online.

But the seasoned performer didn't miss a beat at Saturday night's performance in Sydney.

Then on the plane home, Bieber was reportedly labeled a flight risk for refusing to stay in his seat when the seatbelt sign was illuminated, according to Sky News.

A Qantas flight attendant reportedly told Bieber that he "had been acting like a child and would therefore be treated like one." METRO

GETTY IMAGES

▶ Justin Bieber

Sheen's divorce dues ex-actly same

GETTY IMAGES

▶ Brooke Mueller and Charlie Sheen

Charlie Sheen and Brooke Mueller are officially divorced.

With the process completed this week, it has been six months after the initial petition to end their marriage, according to TMZ.

Mueller is set to receive $55,000 a month in child support, the website reports, adding that the legal documents have an interesting note: "Under no circumstances shall the child support paid by Charlie for [Mueller's sons] Bob and Max be less than the child support paid by Charlie to Denise Richards for [her daughters] Sam and Lola."

Mueller will also receive $1 million for her share of the couple's home, of which Sheen will retain ownership. METRO

Celebrity tweets

Today, Rob Lowe is celebrating in New York, Seth MacFarlane still isn't satisfied, Jonah Hill doesn't need so many warnings, and Jenny McCarthy likes results.

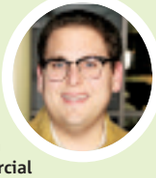
@RobLowe

"At ground zero now. Everyone together. No separate religions or political parties. Just people. Americans together; proud."

@SethMacFarlane

"Now that we've seen his birth certificate, I want to see proof that President Obama is black."

@JonahHill



"Saw a Verizon commercial where a guy harnessed the power of lightning to improve his phone. On the bottom it said, do not attempt. Yeah, I know."

@JennyMcCarthy

"We should have sent TMZ out to find OSAMA years ago. They find everyone."

BACK TO POLE

Tatum to take it off in new film

Channing Tatum is returning to his exotic dancer roots for a new project.

The actor, who worked as a stripper before hitting it big, will star in Steven Soderbergh's next film, Magic Mike, about an exotic dancer and his protégé, according to the Huffington Post.

"This was a wild and pivotal time in my life and I couldn't be more thrilled to go down the rabbit hole with Steven," Tatum says in a statement.

Tatum spent some time in his hometown working as an exotic dancer before he was discovered by a model talent scout in Miami. METRO

GETTY IMAGES

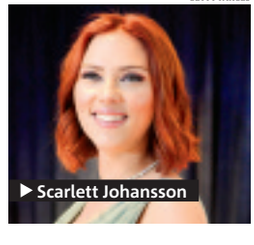
▶ Channing Tatum

ScarJo and Penn seen together again

Scarlett Johansson attended this past weekend's White House Correspondents' Dinner on the arm of her fraternal twin brother, Hunter Johansson, but it wasn't long before she was by the side of rumored boyfriend Sean Penn.

According to the Washington Post, sources spotted Penn give Scarlett his tuxedo jacket to keep warm, and the pair were photographed holding hands as they left an afterparty later that night. METRO

GETTY IMAGES



▶ Scarlett Johansson

3 life

Vitamins

When it comes to buying dietary supplements, advice from the pharmacy is far more reliable than advice from health food stores. A study found that the amount of advice that was accurate from health food stores was seven per cent.

CELIA MILNE

Canada's Medical Hall of Fame inducting 6 new 'heroes' to its ranks

ISTOCK PHOTOS

▶ Taking a multivitamin is connected with the habit of indulgence, a new study shows.

Health or hedonist

People taking multivitamins tend to reward themselves with hard partying, study shows

CELIA MILNE
LIFE@METRONEWS.CA

Maybe we're all on a health teeter-totter. When we do something healthy, we often follow it up with something unhealthy.

Call it normal human behaviour.

An intriguing new study in Taiwan has shown that people who have taken a multivitamin tend to reward themselves by indulging in unhealthy behaviour (such as partying).

In the study, 82 people were divided into two groups: those who were told they were taking a multivitamin and those who weren't. The vitamin supplement group was more likely to take part in risky behaviours such as casual sex, sunbathing, wild parties, and excessive drinking than the group that didn't think they were taking a multivitamin. Those who thought they were taking a supplement also had a lower desire to exercise, to have a healthy meal, or to go for a long walk.

"People may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life."
DR. WEN-BIN CHIOU

"In general," lead author Dr. Wen-Bin Chiou of National Sun Yat-Sen University told Metro in an email, "people may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life. But after achieving ostensible progress toward the health goal by taking dietary supplements, they may feel entitled to reduce their efforts in this regard and pursue pleasurable activities."

Taking a multivitamin seems to be connected with the notion of invulnerability and indulgence.

The phenomenon works in reverse as well. "On the other hand,' he notes, "engagement in activities that pose health risks tends to motivate individuals to engage in acts that will restore health." An example of this is overeating and then taking a diet pill.

Chiou warns that people who take vitamin supplements need to be aware of the vicious cycle of doing something they perceive as healthy followed by an act of self-indulgence.

The study is to be published soon in the journal Psychological Science.

Great deals & eats will have you coming back pho more

Pho Kim Tuong's menu offers many variations of this Vietnamese favourite

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

There's no shortage of good Vietnamese restaurants in Winnipeg and Pho Kim Tuong will give the others a run pho their money.

I promise, the only bad thing will be my puns.

Open just more than a month, Pho Kim Tuong's sign boasts Vietnamese, Chinese and Thai cuisine.

We share an order of Minced Shrimp on Sugar Cane (large: $6.50). My friend and I enjoy nibbling the savoury shrimp paste off the sugar cane, which I warn him not to eat.

We slurp a bowl of Pho with Rare Beef, Well-Done Flank and Beef Balls (small: $6.50) with a rich, flavourful broth brimming with rice noodles and paper-thin slices of beef.

The portions are generous and the service is friendly.

A Vietnamese iced coffee with the sweetness of condensed milk or a bubble tea is the perfect beverage to sip while you decide which pho is for you.

Pho Kim Tuong Restaurant
856 Ellice Ave.
661-8888
Hours: Mon - Sun (11 a.m. - 10 p.m.)
Price range: $2.95 - $11.99
Rating: 4 out of 5

222761

PAY CHEN

▶ Rare Beef, Flank and Beef Balls Pho, and Minced Shrimp on Sugar Cane

THE CANADIAN PRESS/ HO

Antioxidant Snack Mix

With less butter, less sugar and more fibre and antioxidants, this snack mix doesn't have to be reserved just for parties. Portion out a few servings in plastic bags at the beginning of the week for a satisfying grab-and-go snack.

Preparation:

1. Line large sheet pan with waxed paper. In large resealable plastic bag, place cereal and cranberries.
2. In microwavable bowl, add chocolate chips, almond butter and margarine. Microwave on high heat, uncovered, for 1 minute. Stir. Heat for another 30 seconds. Stir until smooth.
3. Pour chocolate mix into plastic bag, seal and shake to coat. Add almond flour, almonds and icing sugar. Reseal and shake to coat.
4. Spread mix on waxed paper and cool. Refrigerate in container up to 1 week.

THE CANADIAN PRESS

Ingredients:

- 750 ml (3 cups) multigrain cereal squares
- 750 ml (3 cups) fibre cereal twigs
- 250 ml (1 cup) sweetened dried cranberries
- 175 ml (3/4 cup) dark chocolate chips
- 175 ml (3/4 cup) almond butter
- 125 ml (1/2 cup) enriched butter
- 175 ml (3/4 cup) almond flour
- 50 ml (1/4 cup) sliced almonds
- 175 ml (3/4 cup) icing sugar

A comforting combination

This dish combines chicken with a smoked paprika mushroom cream sauce ◐ It's made in four simple steps

It's hard to go wrong with heavy cream and mushrooms.

Actually, you could just stop with the heavy cream. But we'll pretend the addition of mushrooms to this comforting Chicken with Smoked Paprika Mushroom Cream dinner somehow makes it virtuous.

If nothing else, relying on real, fresh ingredients will certainly be better for you than popping open a can of cream-of-anything soup.

Preparation:

1. In large bowl, combine 2 tbsp (30 mL) of the olive oil, vinegar, garlic, paprika, salt and pepper. Mix well; set aside.
2. Lay each chicken breasts on the cutting board and slice across the centre horizontally to create 2 thin halves. Add the chicken to the bowl, turn to coat, cover and set aside for 20 minutes.
3. In large skillet heat remaining oil over medium-high, and cook mushrooms about 8 minutes or until browned. Add chicken and any marinade in the bowl to the pan. Brown the chicken on both sides, about 4 minutes per side. Add wine and gently shake the pan to help deglaze it.
4. Reduce heat to low, add cream and thyme. Stir to combine with the mushrooms. Bring to simmer and cook for 1 minute. Serve chicken and mushroom sauce over noodles, rice or with bread.

THE ASSOCIATED PRESS

Ingredients:

- 1/4 cup (60 mL) olive oil
- 1 tbsp (15 mL) cider vinegar
- 6 cloves garlic, minced
- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 1/2 pounds (625 g) boneless, skinless chicken breasts
- 1 lb (500 g) sliced button mushrooms
- 1/2 cup (125 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) chopped fresh thyme
- 1 green onion, finely sliced
- Bread, noodles or rice

THE ASSOCIATED PRESS/ MATTHEW MEAD

FINDING LOVE IN A TIME OF ADVERSITY

Names:
Jodi, 33, and Angelo, 31

Hometown:
Toronto

Together since:
2008

Their story:

▶ Jodi and Angelo's love story began in a hospital.

In 2008, my mom suffered a stroke and fell into a coma.

Everyday, all day, I (Jodi) sat at the hospital.

I spent most of my time in the ICU's waiting room as I was not allowed to stick around when the doctors were in with my mom.

After a week straight of being there, seeing the same people day in, day out, I met a family whose son (Angelo) had been in a terrible car accident and was in an induced coma.

Over the next month, I saw them everyday and always asked about their son, as they did my mother.

A few weeks later, my mom and Angelo were released from the ICU and moved to different wards in the hospital.

One day, as I was leaving after a visit with my mother, I ran into Angelo and his sister in the elevator, and we finally met face to face.

Soon after, Angelo and I were bumping into each other regularly around the hospital, and I started visiting him in his room.

When Angelo was released from the hospital in July 2008, we exchanged numbers and began talking on the phone.

Our first "dates" were spent watching movies at his house as he wasn't yet in any condition to go out.

It's been three years since our fated meeting, and we are now living together.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

SEARCHING FOR COUPLE-FRIENDS

SMUG MARRIEDS

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

How do we meet new like-minded couples?

Angela says ...
Take a look at your common interests and find social events where people are doing things you enjoy.

Join a co-ed soccer or dodge ball league. Take a cooking class. Love music? Get out to concerts and chat up people near you after the show. Derek and I have also met great couples while travelling.

It's amazing how easy it is to strike up friendships once you find you're both from the same city. Try using a simple "You sound Canadian. Where are you from?" Love board games? Cafés and pubs are popping up across the country where folks gather to play Scrabble or Ticket to Ride.

Derek says...
Angela's approach requires investing a lot of time and energy, both of which are in short supply.

If you're looking for a quick way to boost your inner circle, friends of friends are your best bets.

Host a cocktail party, inviting a few couples and ask each to bring along an entertaining and engaging couple you've never met but with whom you'd get along.

You're bound to find at least one gem in the bunch.

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

REGISTER AT CLUBMETRO.COM

club metro

WHAT TO DO WITH YOUR TAX REFUND

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

If you haven't filed your taxes yet, get on it!

According to Canada Revenue Agency (CRA), the average Canadian received a tax refund of $1,400 in 2008.

If you're teed up for a refund this year, you've got plenty of options. You can give, save, pay off debt or spend it. I'd recommendation a little of each.

Take 10 per cent off the top and give it to your charity of choice. Not only will this make you feel good, but the CRA will issue you an attractive tax credit which can be applied to next year's tax return.

Take 30 per cent and invest it in your RRSP. You'll receive another tax deduction for next year's return in exchange for your contribution. In most cases, the generous tax advantages make an RRSP the best tool for long-term savings.

Apply 30 per cent to bad debt such as credit cards, car loans or lines of credit. If you're lucky not to have bad debt, pay down your mortgage instead. Making an extra monthly or bi-weekly payment each year can shave years off your mortgage.

What have you been eyeballing all year? Patio furniture, running shoes, golf clubs or vacation? Use the remaining 30 per cent of your refund and reward yourself!

For richer, for poorer

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Kate and Will's nuptials kicked off the wedding season in fine, albeit expensive, style. If you're thinking of following suit — even if you can't afford the dress — you will, no doubt, have a long To Do list.

One item at the top should be, wait for it, checking out each other's credit report. I suggested this recently at a women's conference. "That is sooo intimate!" declared one attendee. "Too intimate!" agreed another.

True enough. Exposing this side of your life — especially if there's an underbelly to it — is the ultimate test of a relationship. But knowing each other's credit score and history avoids unpleasant surprises.

A couple I worked with on my television show, Maxed Out, had been together two years when they applied for a mortgage. Up popped a raft of delinquent, and unrevealed, loans on the women's credit report. They bought the house but had to borrow from a higher interest lender. Eventually the financial stress caused by the payments felled their marriage.

Examining your credit report annually is a good practice in any case. My husband and I just discovered that our truck loan, paid off last year, still lingers as unpaid.

The government requires the two major credit reporting agencies, TransUnion (transunion.ca) and Equifax (equifax.ca), to provide free credit reports. You have to apply by mail. A full credit report, plus your credit score, will cost you around $25 from either agency and you can apply on-line.

It may not seem very romantic, but a credit report check-up is an important step for couples who want to build a sound financial foundation.

Money rule

- A pre-nuptial credit check can save pain and shame down the road.

Wedding stats

- Financial stress is the number one cause of marital break up.
- Most popular wedding month, June — 10.8 per cent of marriages.
- The least popular — January — 4.7 percent.

ISTOCK

▶ Dress, cake, credit check

Fiscal house is the marital house

Savers and spenders can be united in matrimony for better or worse

Prince William and bride Kate Middleton won't likely ever have to worry about paying their bills, but the honeymoon can end for many newlyweds when they start talking about money.

Savers and spenders are often united for better or worse and they have to adapt to each other's attitudes toward money, financial experts say.

Couples who seem to be successful at marriage are usually good with their finances, said certified financial planner Marta Stiteler.

"Once you marry this person, it's for richer or poorer," said Stiteler, an associate at Pillar Retirement Group in Hamilton, Ont.

"You had better get working as a team and get your fiscal house in order and that's the marital house."

It's possible that a couple may start off with different financial personalities but they grow together through compromise, she said.

"I think communications is key — who pays for what. I think clarity is really important. People are so much in la-la land."

FINANCIAL PLANNER MARTA STITELER ON SPENDING A FINANCIAL LIFE TOGETHER WITH YOUR PARTNER

Honesty is the best policy, she added, especially when it comes to disclosing any debts.

"It has to be 'It's our debt and we have to get a handle on it and we need to pay it down,'" Stiteler said.

BMO Mortgage specialist Laura Parsons said couples usually start thinking about buying a home and need to keep a level head about what they can afford.

"With all this excitement of being newly married, your emotions can take a first seat and that's not what you want," she told a BMO conference to discuss financial strategies for newlyweds.

Parsons suggests couples look into a pre-approved mortgage that will force them to stay within budget and consolidating any debts to get them paid off.

"You do not want to go into home ownership with a lot of debt."

Couples also have to decide if they want a joint account or separate accounts combined with a joint account for payments, she added.

She noted that BMO has a tool for couples to track their monthly spending that will also target any overspending.

THE CANADIAN PRESS

TIM HALES/THE CANADIAN PRESS

▶ Prince William and wife Kate Middleton likely won't need to be concerned about their bills, but the same can't be said for most other newlyweds.

4 sports

Quoted

"Everybody wants more from Alex. I think he's trying out there. He's working hard. What are you going to say? ... We need more from everybody. We don't just need more from Alex."

CAPITALS COACH BRUCE BOUDREAU REJECTED THE NOTION THAT ALEX OVECHKIN HAS TO DO MORE IF HIS TEAM IS GOING TO COME BACK TO BEAT THE LIGHTNING AFTER LOSING THE FIRST TWO GAMES.

Scan code for more sports

Game 2. Bruins win

▶ Boston's Brad Marchand takes a shot on goal against the Flyers last night.

PAUL BERESWILL/GETTY IMAGES

Krejci gives Bruins OT win over Flyers, 2-0 lead in series

David Krejci scored 14:01 into overtime and the Boston Bruins beat Philadelphia 3-2 last night to take a 2-0 lead in the Eastern Conference semifinal series.
Tim Thomas was phenomenal in net, stopping 46 straight shots after the Flyers took a quick 2-0 lead.
Krejci fired a one-timer from one knee that ricocheted off the back of the net and back onto the ice. Play continued until officials could review the call. But the goal was clearly good. THE ASSOCIATED PRESS

Defensive battle

- **Both Vancouver Canucks and Nashville Predators expect stingy defence to continue**
- **Canucks allowed league-fewest 185 goals all season, Predators were third with 194**

In Nashville, it's dubbed the Predator Way: Work hard, scrap, defend at all costs and score just enough timely goals to win.

Nashville certainly isn't changing its ways in the Western Conference semi-finals.

"We're OK with the hard stuff," Nashville coach Barry Trotz said yesterday after practice. "If anybody's been around us ... we haven't done anything easy ever. The harder it gets, it might sound sick, but we get really good when it gets hard. Great resiliency, and I expect us to up our compete level and conviction level even higher."

The Predators evened up their series with Vancouver at 1-1 by pushing the Canucks into double overtime before winning 2-1 Saturday night. Only three goals have been scored in the first two games, and the Canucks are bracing for more of the same tonight for Game 3.

CANUCKS PREDATORS

▶ **Time:** 8 p.m.
Channel: CBC

These teams feature two of the three Vezina Trophy finalists: Canucks goalie Roberto Luongo and Pekka Rinne of Nashville. Vancouver may have scored more goals in the regular season than anyone in the NHL, but the Canucks also held opponents to a league-fewest 185 goals. Nashville was third, giving up 194.

Canucks coach Alain Vigneault said both teams also play very well without the puck.

"There's not a lot of room. There's not a lot of time out there to make plays, and he's a good goaltender. You've got to give him credit. I didn't expect coming into this these would be high-scoring games, and they haven't been so far," he said.

THE CANADIAN PRESS

Sacramento gets another shot

The Kings and the NBA gave Sacramento one last chance to prove it deserves to be an NBA city.

Now it's up to Mayor Kevin Johnson and the business community to come up with a viable plan for a new arena after so many failed attempts in the past.

"This is one of the proudest moments of my life because the community believed when no one else did," Johnson said yesterday. "We kept believing. And if you believe, anything is possible."

The decision by the Maloof family to keep their team in Sacramento rather than apply for relocation to Anaheim, Calif., is only temporary. Co-owner Joe Maloof and NBA Commissioner David Stern made it clear that the team will leave after next season if an arena plan is not in place.

THE ASSOCIATED PRESS

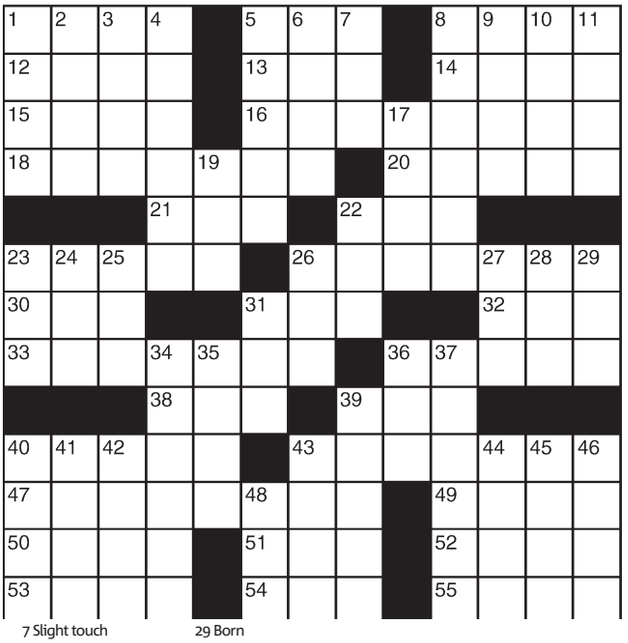
Norwich back in Premiership

Norwich was promoted to the Premier League yesterday after a six-year absence from England's top flight.

Paul Lambert's side ensured it would finish in the League Championship's top two by beating Portsmouth 1-0 after third-place Cardiff was beaten 3-0 by Middlesbrough. Norwich was also promoted from the third tier last season.

THE ASSOCIATED PRESS

Crossword



Across

1 Teen's woe
5 "El —"
8 Hand warmer
12 Haul behind
13 Modern-day evidence
14 Norway's capital
15 Deep sound from a bell
16 "Swiss Family —"
18 Big name in TV dinners
20 Exposed
21 Resistance measure
22 Energy
23 Canyon
26 Noted NYC avenue
30 Lawyers' org.
31 Lustrous black
32 Exist
33 Springfield surname
36 Moolah
38 Choose
39 Baby food
40 Flight component
43 State capital on the Pearl River
47 "Locksley Hall" poet
49 Beige
50 Oodles
51 — out a living
52 Right on the map?
53 Longings
54 Slithery fish
55 Experts

Down

1 Tosses in
2 Cornfield invader
3 "Peter Pan" pooch
4 One full of Christmas spirit?
5 PC insert
6 Privy to
7 Slight touch
8 Address for a French friend
9 Cold War abbr.
10 Iceberg chunk
11 Loving
17 Footnote abbr.
19 That woman
22 Cistern
23 Petrol
24 Kimono closer
25 Aries
26 Chaps
27 Pouch
28 Bobby of hockey lore
29 Born
31 Make marginalia
34 "1,000 — of light"
35 Agile
36 Fond du —, Wis.
37 Maintenance
39 "What's My Line?" group
40 Remain
41 Far (Pref.)
42 Unsigned (Abbr.)
43 Gag
44 Cicatrix
45 Approximately
46 Crazy
48 Witness

▶ Yesterday's answer

P	L	O	D		B	A	Y		B	E	E	F		
L	A	V	E		A	G	E		A	X	L	E		
E	V	I	L		D	O	G	H	O	U	S	E		
B	A	D	E	G	G		G	O	B	L	E	T		
			T	O	E	D		P	A	T				
D	O	G	E	A	R	E	D		B	A	K	E		
D	N	A		T	E	P	E	E		N	O	T		
T	E	S	T		D	O	G	M	A	T	I	C		
		L	A	G		T	A	I	L					
O	P	I	N	E	D		U	T	O	P	I	A		
D	O	G	G	E	R	E	L		H	U	N	T		
E	C	H	O		A	L	L		A	L	T	O		
S	O	T	S		B	Y	E		S	L	O	P		

Sudoku

					6			7
3	7			5		9		
			1		3			5
			5	1		4		
8		1				5		6
		3		2	7			
5			8		4			
		6		9			8	3
9			2					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To Hermosa Caracolita Heleny. I love you so much my beautiful little snail girl! You're the most special and beituful I've ever had in my whole life and all I want to have forever! Thanks for giving me the opportunity to be in your life! You make me the happiest man in the entire universe! I Love You!! Never forget it!!
From Tu Eternamente Enamorado **CARLITOS**

Dear honey bunny, i know that you always do sudoku and other stuff in metro, and i wanted you to know that im really happy that savage introduced us last year. love you lots <3
From **YOUR OTHER HALF**

Rudy, In the past three years we have been through a lot. We have hurt eachother in more ways than one. I hope our friendship last a lifetime. I will always have a special place for you in my heart.
From **BEST FRIEND**

A look at the weather

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min 3° Max 16°	Min 6° Max 15°	Min 5° Max 12°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You need to get serious about your cash flow situation.

♉ Taurus April 21-May 21 Aim for the sky today and for the rest of the week – you'll reach it with ease.

♊ Gemini May 22-June 21 You don't have to do anything special, but you do have to think — deeply.

♋ Cancer June 22-July 22 Think of all the times you've held back in the past and regretted it. Act now.

♌ Leo July 23-Aug.23 If you are in any way dissatisfied with your lot, now is the time to make changes.

♍ Virgo Aug. 24- Sept. 22 Be positive at all times and in all things, and you'll thrive.

♎ Libra Sept. 23-Oct. 23 If money is a problem don't be afraid to ask others for assistance – they'll help because they believe in you.

♏ Scorpio Oct. 24-Nov. 22 Be more open about what you desire.

♐ Sagittarius Nov. 23-Dec. 21 Do something today that brings the freshness back into your life.

♑ Capricorn Dec. 22-Jan. 20 No matter how cautious you may be most of the time this is a day when you can be bold.

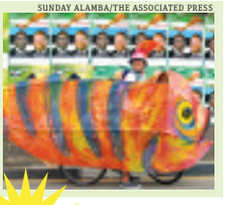
♒ Aquarius Jan. 21-Feb. 18 Your home life is a bit tense at the moment.

♓ Pisces Feb. 19-March 20. Just trust that fate in its wisdom knows what you need. It always does. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

SUNDAY ALAMBA/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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